

AIM (Adult Identity Mentoring) 4 Teen Moms:

An intervention designed to increase long-term contraceptive use and delay rapid repeat pregnancies



The Science Behind the Intervention

AIM 4 Teen Moms (AIM4TM) is an evidence-based intervention to prevent rapid repeat pregnancies among teen moms. *AIM4TM* is an adaptation of Project *AIM*, a sexual risk and pregnancy prevention program for middle school youth. *AIM4TM* is currently being evaluated as part of a randomized control trial with a group of 950 teen mothers.

Similar to *Project AIM*, *AIM4TM* is based on the Theory of Possible Selves which posits that individuals seek to attain positive futures and avoid negative futures. When a balance of both positive and negative future selves is held, an individual is more capable of accomplishing future goals. *AIM4TM* encourages young mothers to engage in positive thinking around their future to achieve a desired career goal and to consider reproductive life planning for a successful future.

Target Population: Teen mothers ages 14-20 who have at least one child

Intervention: *AIM4TM* is an eight-session program, consisting of six individual sessions and two group sessions. This intervention is delivered by a facilitator, known as an advisor, over the course of twelve weeks. Individual sessions are delivered at each participant's home or any location at which she feels comfortable. *AIM4TM* engages teen moms in positive future thinking around a desired career goal.

Setting: *AIM4TM* is a product of the collaborative efforts of community agencies, providers, and researchers. This intervention has been implemented within community-based settings in Los Angeles County. *AIM4TM* is suitable for implementation in a wide array of community settings by agencies that serve teen moms. It is appropriate for young women of diverse ethnic and socioeconomic backgrounds.

Core Elements: In order to ensure the effectiveness of the intervention, core elements must not be altered. *AIM 4 Teen Moms* core elements include:

Content Core Elements:

- Thinking about a positive possible future
- Present Actions to achieve future success
- Safeguarding one's future
- Creating a Reproductive Life Plan
- Motherhood as an Identity Strength

Implementation Core Elements:

- Deliver multiple intervention sessions, with days in between sessions for participant to process information, draw conclusions, and invest in their goals
- Group sessions must be conducted by an *AIM 4 Teen Moms* certified Advisor
- Group Session 1 must be conducted after all participants have completed at least Individual Session 2

Pedagogical Core Elements:

- Youth create a portfolio of their work representing their positive possible future selves and the activities promoting the achievement of that possible future self
- Deliver activities in ways that support youth's achievement of a positive future self.
- Advisor guides participants through the activities.

Intervention Training:

Program staff from agencies adopting *AIM4TM* must attend a 3-day training in which they learn about the intervention objectives, why it works, and how to conduct the program in their setting. They also have the opportunity to practice intervention delivery skills, and identify agency-specific intervention strategies. The training includes facilitator materials.

For More Information on *AIM 4 Teen Moms*, including training & materials:

AIM Service Center
Children's Hospital Los Angeles
Phone: 323-361-3126
E-mail: AIM@chla.usc.edu

For details on *Project AIM* research study:

Clark, L., Miller, K., Nagy, S., Avery, J., Roth, D., Liddon, N., et al. (2005). Adult identity mentoring: Reducing sexual risk for African-American seventh grade students. *Journal of Adolescent Health, 37*, 337.e1-337.e10.

For details on *AIM4TM* research study:

Desai M, Clark LF, Cordero FJ, Okonta VN, Drake P & Lim IM. (2016). An Adaptation of Project AIM for Preventing Rapid Repeat Pregnancies Among Teen Mothers.